

# DINNERLY



## Low-Cal Smoky Chicken with Spinach and White Beans



25 minutes



2 Servings

Serve up a healthy one-pan wonder that everyone will love – chicken, cannellini beans and spinach with fragrant, smoky paprika.



## WHAT WE SEND

- 1 onion
- 400g cannellini beans
- 2 chicken-style stock cubes
- 1 large free-range chicken breast fillet
- 5g smoked paprika
- 100g baby spinach leaves

\* The remainder of this ingredient won't be used in this recipe.

## WHAT YOU NEED

- 2 garlic cloves
- 180ml (¾ cup) boiling water
- 2 tbs olive oil
- 2 tsp tomato paste

## TOOLS

- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

May contain traces of allergenic ingredients.

## NUTRITION PER SERVING

Energy 450kcal, Fat 21.9g, Carbs 17.7g, Proteins 42.9g



### 1. Prep ingredients

Coarsely chop the **onion**. Crush or finely chop **2 garlic cloves**. Drain and rinse the **cannellini beans**. Crumble **1 stock cube\*** into a heatproof jug, add **180ml (¾ cup) boiling water** and stir to dissolve.



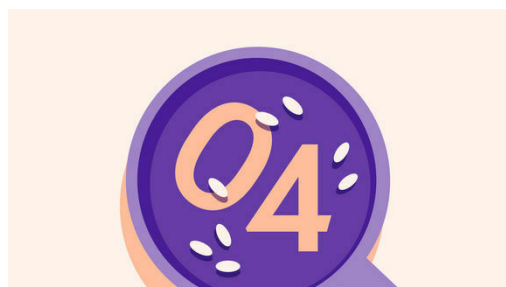
### 2. Prep chicken

Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Season with **salt and pepper**.



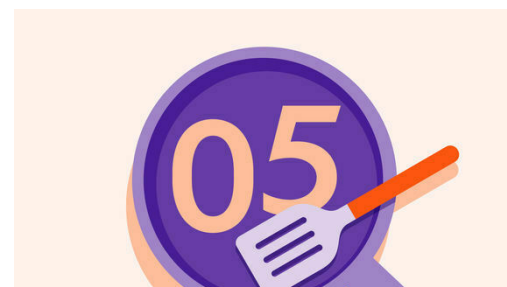
### 3. Brown chicken

Heat **1 tbs olive oil** in a medium deep frypan over medium-high heat. Cook the **chicken** for 2-3 mins each side until browned (the chicken won't be cooked through). Remove from the pan.



### 4. Make sauce

Heat **1 tbs olive oil** in the pan over medium heat. Cook the **onion**, stirring, for 3-4 mins until softened. Add the **garlic, beans, stock, 1½ tsp smoked paprika** and **2 tsp tomato paste**, then bring to the boil. Reduce the heat to low and cook for 3 mins.



### 5. Serve up

Add the **chicken** to the pan, pressing it into the sauce, and cook for a further 3-5 mins until cooked through. Add the **spinach** (see Make it yours) and cook for 30 secs or until wilted. Divide the **chicken and bean mixture** among plates and enjoy!



### 6. Make it yours

If you are not a big fan of wilted baby spinach, don't add it to the pan. Toss a simple vinaigrette through the spinach leaves and serve it as a side salad instead.